

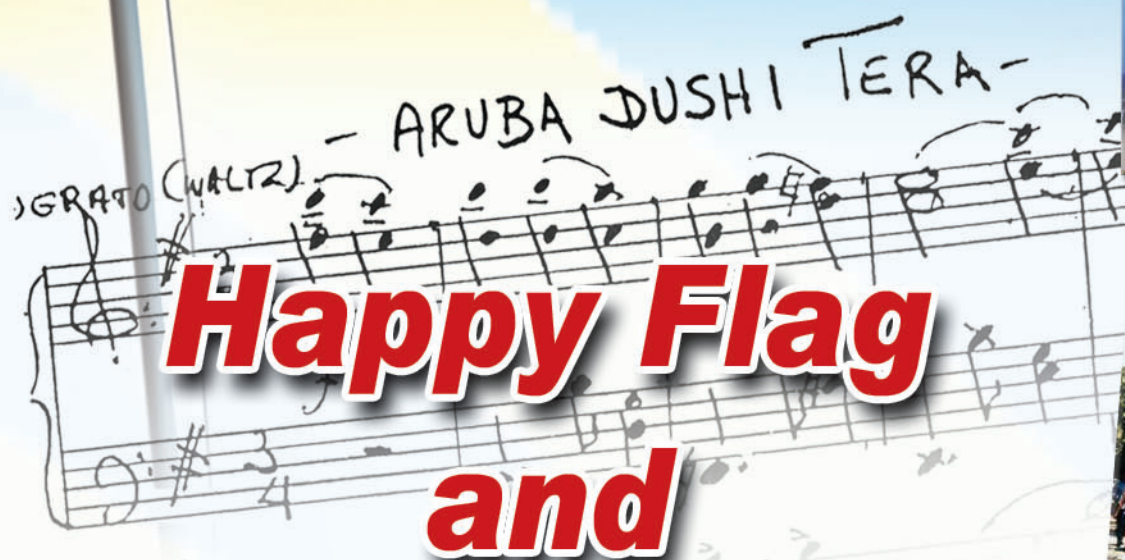
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Wednesday, March 17, 2010

THE MORNING NEWS

Your Source for Local News in English

Caya G. F. Betico Croes 111 - Tel: 588-9517 - Fax: 588-9518 - E-mail: themorningnewsaruba@gmail.com



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celebrate along with
the People of
Aruba our
Dia di
Himno y Bandera

Congratulations
Aruba!

Deloitte.

March 18 – the history behind this date

March 18 is Aruba's National Holiday. This is the date that the community celebrates Flag and Anthem Day and it has a special significance. Even though the island finally achieved its autonomous state officially on January 1, 1986 it was March 18 that set the historical scene putting Aruba on the road to greater political independence.

On March 18, 1948 the Aruba delegation at the first Dutch Round Table Conference presented a petition to the Dutch government requesting for a separate status in the Dutch Kingdom, seceding from The Netherlands Antilles. One of the members of this delegation was Shon A. Eman, the late father of the present Prime Minister of Aruba, Mr. Mike Eman.

Going back in history, one has to visualize the situation at that time. No daily newspapers, no radio or TV, and various parts of the island had no electricity, just a group of dedicated Arubans with the dream of becoming "baas den bo mes cas" – boss in your own home!

In these extreme difficult times 42 meetings were held around the island to gather signatures for the motion. Shon A. accompanied by notary W. Lampe, visited locals all over the island, in the period of Sep-

tember 28, 1947, to January 11, 1948 collecting the signatures.

The first meeting was held at Aurora cinema in Santa Cruz where 200 Aruban men put their names on the petition (at that time women could not vote). Subsequently more signatures appeared on the petition for a total of 2,147 names (which can all be viewed at the March 18 monument located in down town).

He traveled to Holland in 1948 to attend the important Round Table Conference, where new relationships within the Dutch Kingdom was debated with the support of his Aruban political foe, Juancho Irausquin, and Curaçao politician Dr. Da Costa Gomez.

The conference opened on January 27 and the motion was denied in February. But Eman did not give up. He remained in Holland, despite the departure of the Aruban delegation, to try to convince the Curaçao delegation.

On the last day of the conference, March 18, he delivered the historic motion for autonomy, giving an emotional address explaining the rights of Arubans to decide on their own matters.

The motion was accepted unanimously.

However, a then-called Interim Regulation awaiting a

definitive autonomy, imposed by Holland a year later, created a split in Aruba politics, and left Aruba in a Netherlands Antilles where Curaçao had the majority in Parliament.

Shon A. died unexpectedly, but his plight was not in vain. A young politician, Betico Croes, took over the strive and after founding his own party, MEP, vowed to continue pursuing Aruba's autonomy, the Status Aparte he would later name it.

In the height of his political career, Betico Croes, after conducting a referendum in 1975, where the people chose to be separate from the Netherlands Antilles, proclaimed March 18, the date Shon A. presented the motion for autonomy in 1948, as Aruba's National Day, and for the first time the Aruban flag was raised during an emotionally charged evening in the Wilhelmina Stadium. The most poetic folk-song "Aruba Dushi Tera" was proclaimed Aruba's national anthem. Thousands were moved to tears as the island's national symbols were made official, only strengthening the wish for autonomy.

That day finally arrived on January 1, 1986, ten years after that unforgettable evening of March 18, 1976, 38 years after Shon A. Eman officially presented his motion in the conference of 1948.

Let's celebrate our National Flag and Anthem Day

ORANJESTAD – Tonight Aruba will start celebrating our National Flag and Anthem and Day. The committee for national days celebrations (CCDN) invites everyone to join in the celebrations.

There is a wide variety of activities in the community where everyone can participate. Activities started from March 4 and will continue during the whole month of March. Tonight there will be a cultural manifestation at the Plaza Betico Croes. This time the show will be very different and

innovative. Tomorrow, March 18, in the morning hours as part of the protocol program, there will be a march of uniformed groups on the Vondellaan.

CCDN wishes the people of Aruba a happy National Flag and Anthem Day. Let's enjoy the day in a healthy way. Respect traffic rules at all moments, there are many people on the streets. Aruba belongs to us all, so let's have consideration with each other, and those who drink, please do not drive.

THE MORNING NEWS

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Status Aparte – How it works

The Dutch-devised Constitution of the Kingdom of The Netherlands, signed in 1954 by Holland, Surinam, and The Netherlands Antilles, divided 12 of the 22 Antillean senate seats to the island of Curaçao, and eight to the island of Aruba.

Aruba is officially celebrating the fact that on January 1, 1986, it pulled away from the political dominance of Curaçao, and today is an equal third party in the Dutch Kingdom next to Holland and The Netherlands Antilles. This big celebration takes place with the official Flag and Anthem Day on March 18.

Aruba's "Status Aparte," as the secession from The Netherlands Antilles is popularly called, elevated the island from island territory status to a nation status.

The two-level system of government of Aruba while it still was part of the Antilles ceased to exist. The system – an island government and a central government – will be in place until October 10 of 2010 for The Netherlands Antilles.

Aruba has a totally new, almost fully autonomous system of government. Except for external defense and foreign affairs – which are taken care of by Holland – Aruba handles all its affairs by itself.

Political Structure

At the head of the single-

level system of the government of Aruba is the governor, who represents the Dutch queen on the island.

The governor and the Council of Ministers form the government of Aruba, but the governor does not carry political responsibility, as he is inviolable. The political responsibility lies with the ministers.

Government Apparatus

Island government departments as well as central government departments of Aruba while it still is part of the Antilles, today fall under the jurisdiction of the Aruba Council of Ministers.

Antillean central departments in Aruba such as police, customs, telecommunications have fallen under the control of the Aruba government since 1986.

In the cases where there were both island and central departments of the same nature like the island and central education department, the two were fused into one departments falling under a new Aruba department of government.

Court of Appeals Shared

Aruba has its own First Instance Court of Justice.

But the Court of Appeals (where the first instance rulings can be appealed), is a joint Court of Justice of the Antilles and Aruba. It is therefore called the Joint Court of Ap-

peals of the Antilles and Aruba. It had formerly been called the Court of Appeals of the Antilles.

For appeals to the Supreme Court, both Aruba and the Antilles remain dependent on the Dutch Court of Cassation in The Netherlands.

Aruba-Antillean Relations

One of the strict conditions set by the Dutch government before agreeing to Aruba's secession from the Antilles constellation was that the two must maintain close and lasting ties of cooperation.

Especially, it was agreed at the 1983 Dutch Kingdom Round Table Conference (where Aruba's Status Aparte was decided) that neither Aruba nor the Antilles should compete unfairly against each other.

Aruba and the Antilles have signed a number of bilateral cooperation agreements concerning several areas, including aviation and economic matters.

The Dutch Kingdom Round Table Conference called for the institution of an Institutionalized Court, to mediate in conflicts that could arise between Aruba and the Antilles.

The close and lasting cooperation of the two nations also calls for a Joint Council of Ministers, which is to meet regularly to discuss matters of mutual interest.



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Aruba's National Anthem

The "Aruba Dushi Tera" was created in 1952. The lyrics and music are both from Padu (del Caribe) Lampe (1920) and Rufo Wever (1917 - 1977).

On the sixteenth of March 1976 it was officially accepted by the Island Council of Aruba as the National Anthem and two days later it was officially inaugurated on the eighteenth of March 1976. This year marks the 34th anniversary of the "Aruba Dushi Tera" as the National Anthem of Aruba.

The rhythm of the "Aruba Dushi Tera" is called the waltz.

Upon acceptance of it as the National Anthem a third couplet, written by Hubert "Lio" Booi, which expresses the love of the Aruban people for its freedom, was added.

HIMNO DI ARUBA

Aruba Patria aprecia
Nos cuna venera

Chikito y simple bo por ta
Pero si respeta

O, Aruba, dushi tera
Nos baranca tan stima
Nos amor pa bo ta asina
grandi
Cu no tin nada pa kibre
Cu no tin nada pa kibre

Bo playanan tan admira
Cu palmas tur dorna
Bo escudo y bandera ta
Orguyo di nos tur

O Aruba etc.

Grandesa di bo pueblo ta
Su gran cordialidad
Cu Dios por guia y con-
serva su amor pa libertad

O, Aruba, dushi tera
Nos baranca tan stima
Nos amor pa bo ta asina
grandi
Cu no tin nada pa kibre
Cu no tin nada pa kibre

Aruba's History Museum has a great program to celebrate Flag and Anthem Day

ORANJESTAD – As has become a tradition, Aruba's History Museum is preparing very well for the upcoming national day, March 18 (Flag and Anthem Day).

Every year a group of volunteers, members of the board and staff come together to set up a family day combined with a cultural show all day long.

The organizers make sure there is a kitchen filled with succulent dishes with an accent on typical Aruban cuisine and offers the opportunity to foundations to join and sell food, special items, art and books, ride on donkeys and a flea market.


Tickets for food are sold beforehand.

March 18, is the day that the Historic Museum Foundation uses to create funds for the maintenance of the museum and other pending projects like, fixing of the wall of the fort.

This date, where Aruba celebrated the creation of its flag and anthem, the museum considers it to be a family day with great ambiance, a get-together enjoying music, dance, and local art, among others from the well-known artist Elvis Tromp, bar, kitchen and the best at very attractive prices.

On this day it is also possible to visit the Willem III tower where guides will take you all the way to the top.

The activity starts at 10 a.m. and finishes at 4 p.m.




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18 Maart 2010:
ACTO PROTOCOLARIO y DESFILE riba PLAZA G.F. BETICO CROES
Orario: 9 am




 **GABINETE**
MIKE EMAN

The Flag of Aruba



On the 18th of March 1976, the Aruban flag was inaugurated.

The Aruban flag has four colors: - Bunting Yellow - Larkspur or U.N. blue - Union Jack Red and White.

The background of the Aruban flag is Larkspur (blue) representing the sea that surrounds the island.

The four-pointed star symbolizes the position of Aruba in the ocean surrounding it; it also symbolizes the four directions of the compass, from which directions representatives of more than 40 nations emigrated to Aruba and formed a community, living in harmony, which is a guarantee

for the highest form of liberty.

It also points to the four coasts of Aruba, where the sea forms a natural barrier.

The star also points to the four maritime and aerial routes, from where the island's economy emanates, and from where the tourists arrive and to where the tourists depart.

The red-white star also symbolizes the immense affection each citizen has for the island; it also denotes the island's ancient industry of Brazil wood, and pays tribute to the Indian blood that was spilled in the French Pass for their liberty.

The white border around the star symbolizes the extensive

snow-white beaches that surround the island; at the same time it represents the purity of the hearts of the inhabitants of Aruba who have a high respect for justice, order and liberty.

The horizontal yellow stripes denote the free and separate position of Aruba in the same sea without distancing itself from the other islands and nations.

Yellow is the color of abundance. It represents Aruba's chemical and petroleum industry, and the aloe, which along with commerce and tourism form the source of income of the people. It also symbolizes the ancient source of income of the mining of gold.

The yellow stripes also show the solidity and the lasting duration of the abundance.

Six hundred and ninety-three entries with designs for the flag were sent in by residents of the island and two other entries were received from Bonaire on the request of the Government of Aruba for individuals to submit a design for the flag of the island.

The flag was chosen by a special committee which perused the entries.

Pabien Aruba!

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this joyful day
with pride*

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Aruba Numismatic Museum to hold activities on March 18

ORANJESTAD – The Aruba Numismatic Museum will be open on March 18 - Aruba National Anthem and Flag Day - from 10:00 a.m. to 4:00 p.m. Everyone is invited to come and see the great collection of coins and also learn about Aruba's culture.

There will be music and the bar and kitchen will be well stocked, Creole style.



So, on March 18, come and have a enjoyable and informative day at the Numismatic Museum in Weststraat, just behind the Bus Stop.

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Join Flag and Anthem Day festivities at Arikok National Park

This year there are many activities one can join around the island and we invite you to get in your rental car or find your way to these fairs as they truly represent the Aruban culture and at the same time offer unique souvenir buys.

One of these events is the fair at Arikok National Park (Aruba's nature reserve). Those who have already attended this festival on the weekend will tell you that it is fun and interesting.

With booths offering

Aruba's unique arts and crafts one is sure to find a very original Aruban souvenir to take home. From Aruban wines to dolls dressed up in typical Aruban fashion to typical Aruban cuisine including goat stew, keri-keri or frekedel and oyster soup one is sure to enjoy Aruban culture at its best. When thinking of Aruban cuisine the typical Aruban sweets like the tert, dushi di coco and many more can not be left out.

While strolling around and getting a close look on how

they used to cook aloe on the island - with the completely functional oven specially created by the rangers for this event - one can enjoy the typical Aruban ambiance with folkloric music and dance on the center stage.

Just like most of the activities happening around the island Arikok National Park Patriotic fair is a must stop on your tour on Aruba's national day.

The fair starts at 10 a.m.

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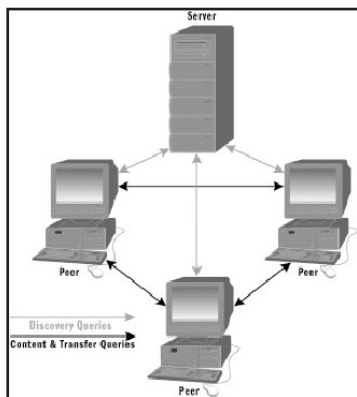
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Science/Tech

File sharing software reveal users' private information



Thousands of Americans may unwittingly be sharing personal medical and financial information stored on their home computers when they use file-sharing software, according to a new study.

"The issue has been bubbling for a couple of years," said lead author Khaled El Eman, a senior scientist at the University of Ottawa's Electronic Health Information Laboratory.

"In the past we knew there was a problem. We just didn't know how big it was. We also wanted to see if anyone was actively searching for this information."

El Eman and his colleagues found evidence of outsiders actively searching for files containing private health and financial information on peer-to-peer (P2P) file-sharing networks such as Gnutella, eDonkey and BitTorrent. P2P networks let users connect with the computers of other users on the network and search for and download files.

"Very simple search terms such as 'medical records' or 'credit card' were quite effective in returning sensitive documents," El Eman told TechNewsDaily. Retrieving this information, he added, does not require world-class computer hacking skills.

"It's a total no-brainer," he said.

Given the popularity of P2P file sharing, though, this translates into tens of thousands of computers at risk, El Eman said.

"There are around 250 known P2P file-sharing programs," he said. "And they vary in their badness. Some of them are known to auto-

matically share everything on your machine without informing you what it's sharing. Some of them are better behaved."

P2P probing to discover personal information is a relatively recent wrinkle in file-sharing activity, El Eman said. In the past users primarily accessed and shared music, videos and pornography.

Safeguards

Whether you are a private individual or a healthcare worker taking patient records home, the only guaranteed way to keep your data safe is to avoid keeping it on a computer that does not have a file-sharing program installed.

For home users, that's not always easy. Teenagers are particularly fond of file sharing, El Eman said, and will frequently install programs without telling anyone.

If you're using a shared computer, he recommends, create different accounts for different users. That way, only one user's data will be at risk at any one time.

Intel unveils new server chips ahead of AMD

SAN FRANCISCO — Intel Corp released its newest server chips this week, as it seeks to maintain its dominance over rival Advanced Micro Devices Inc. and prepare for an expected rise in demand.

The new microprocessors, designed to power both servers and high-end desktop PCs, are the first of Intel's server chips featuring smaller transistors that have helped the company's laptop and desktop chips push stronger performance while eking out better energy efficiency.

Intel also built in security features the company says can encode and decipher files much faster, effectively removing the "encryption tax" or computer performance lost due to protecting files.

The chips will be released under the Xeon product line for servers, and Core i7 for desktop computers, which

Intel hopes will gain traction particularly with the entertainment and video game markets.

But the biggest opportunity rests with servers, said Intel's general manager of server marketing, Boyd Davis, where an estimated one-third of the market is running on chips made more than four years ago.

Although roughly nine out of 10 of the world's servers contain an Intel brain according to IDC, they are not the only ones vying for those potential server sales.

Patrick Patla, general manager of AMD's server division, said the company's newest chips will also offer increases in speed pushed by a dramatic redesign.

AMD's newest chips are due in the next few weeks. It remains to be seen how they will match up against Intel's latest chips.

Facebook to open office in southern India

MUMBAI — Popular social-networking site Facebook will open an office in India, joining a long list of international firms that have looked to tap a skilled workforce that provides support services at relatively cheap wages.

Facebook's office in the southern Indian city of Hyderabad will support users, advertisers and developers in India and around the world, the company said in a statement on Monday.

Hyderabad also houses other foreign firms, including Internet powerhouse Google and software giant Microsoft, whose Indian employees work on everything from writing software codes to providing customer services at cheaper salaries than in developed nations such as the United States.

Facebook, which lets users connect and share information with friends online, has emerged as one of the Internet's most popular destinations, challenging established players like Yahoo Inc and Google.

Facebook counts around 400 million users and has had large investments from Microsoft and from Russian investment company Digital Sky Technologies.

More than 8 million of

Facebook's total users are in India, the company's director of global online operations, Don Faul, said in a post on the Facebook blog.

Seventy percent of the people using Facebook are outside the United States and are accessing the service

from more than 70 languages, he said.

Facebook's office in Hyderabad will supplement operations supported out of Palo Alto, California, Dublin, Ireland and a recently announced location in Austin, Texas.

Scientists go 'gaga' to find creatures beneath 600 feet of ice

WASHINGTON — In a surprising discovery about where higher life can thrive, scientists for the first time found a shrimp-like creature and a jellyfish frolicking beneath a massive Antarctic ice sheet.

Six hundred feet below the ice where no light shines, scientists had figured nothing much more than a few microbes could exist.

That's why a NASA team was surprised when they lowered a video camera to get the first long look at the underbelly of an ice sheet in Antarctica. A curious shrimp-like creature came swimming by and then parked itself on the camera's cable. Scientists also pulled up a tentacle they believe came from a foot-long jellyfish.

"We were operating on the presumption that nothing's there," said NASA ice scientist Robert Bindaschadler, who will be presenting the initial findings and a video at an Ameri-

can Geophysical Union meeting Wednesday. "It was a shrimp you'd enjoy having on your plate."

"We were just gaga over it," he said of the 3-inch-long, orange critter starring in their two-minute video. Technically, it's not a shrimp. It's a Lyssianasid amphipod, which is distantly related to shrimp.

The video is likely to inspire experts to rethink what they know about life in harsh environments. And it has scientists musing that if shrimp-like creatures can frolic below 600 feet of Antarctic ice in subfreezing dark water, what about other hostile places? "They are looking at the equivalent of a drop of water in a swimming pool that you would expect nothing to be living in and they found not one animal but two," said biologist Stacy Kim of the Moss Landing Marine Laboratories in California.

Babies are born to dance



Babies love a beat, according to a new study that found dancing comes naturally to infants.

The research showed babies respond to the rhythm and tempo of music, and find it more engaging than speech.

The findings, based on a study of 120 infants between 5 months and 2 years old, suggest that humans may be born with a predisposition to move rhythmically in response to music.

"Our research suggests that it is the beat rather than other features of the music, such as the melody, that produces the response in infants," said researcher Marcel Zentner, a psychologist at the University of York in England. "We also found that the better the children were able to synchronize their movements with the music, the more they smiled."

To test babies' dancing disposition, the researchers

played recordings of classical music, rhythmic beats and speech to infants, and videotaped the results. They also recruited professional ballet dancers to analyze how well the babies matched their movements to the music.

During the experiments, the babies were sitting on a parent's lap, though the adults had headphones to make sure they couldn't hear the music and were instructed not to move.

The researchers found the babies moved their arms, hands, legs, feet, torsos and heads in response to the music, much more than to speech.

Though the ability appears to be innate in humans, the researchers aren't sure why it evolved.

"It remains to be understood why humans have developed this particular predisposition," Zentner said. "One possibility is that it was a target of natural selection for music or that it has evolved for some other function that just happens to be relevant for music processing."

Zentner and his colleague Tuomas Eerola, from the Finnish Centre of Excellence in Interdisciplinary Music Research at the University of Jyväskylä, in Finland, detailed their findings in the March 15 issue of the journal *Proceedings of the National Academy of Sciences*.

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HEALTH

The New Rules for Curing and Preventing Hangovers

The pometini pitchers were flowing, and you danced like a star. But today, you're feeling a wee bit fried. These feel-better tricks will help, no matter what you did last night.



1. Those cocktails were really good

What to do today: after too much hooch, drink a lot of water and at least one serving of fruit juice (any kind, even if it's not 100% juice)—that will replenish the sugar that's lost when your body metabolizes alcohol.

And treat yourself to extra carbs, such as wheat toast,

which help your body process the alcohol by delivering extra sugar and absorbing the alcohol's toxins, experts say. If your head hurts, it's partly because alcohol has an inflammatory effect that makes your blood vessels swell, a common headache trigger. Christine Lay, MD, a headache specialist at The College of Physicians and Surgeons of Ontario, recommends ibuprofen, which not only relieves the pain, but has anti-inflammatory powers that acetaminophen doesn't.

2. You danced all night in stilettos

You pulled out your best moves, but now your feet are achy. That happens because high heels strain the balls of your feet and the metatarsals, the long bones in the forefoot, explains Marc A. Brenner, DPM, a podiatrist based

in Glendale, New York. "Depending on how pointy the shoe, you may also have pain in your toes," he says. After you get up, soak your feet in cool water for 10 minutes. Then dry off and massage them with a foot balm containing menthol, which offers short-term pain relief.

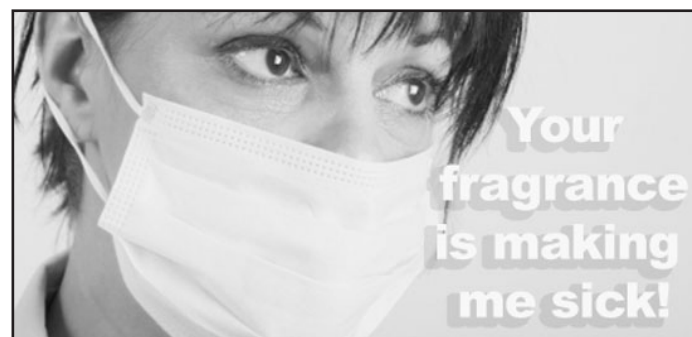
When you must put on shoes again, drag out the most comfortable pair in your closet (read well-cushioned with thick soles and good arch-support); they'll help ease the ache. Soak again at night, wear sane shoes for the next day or two, and you're good for another round of dancing. However, if the ache doesn't go away, call your doc.

3. You had the richest meal of your life

You adored the steak frites and chocolate soufflé. The bloat and full feeling 12 hours later? Not so much. As soon as you feel hungry, return to your normal eating habits—maybe a breakfast that includes low-fat dairy (like low-fat cottage cheese), high-fiber whole grains like oatmeal, some fruit, and a little protein like a hard-boiled egg.

Then hit the gym ASAP. Experts say that exercise may help gas escape your body, which can ease the bloat. Follow your normal diet the rest of the day; try not to blame yourself or drastically cut back on calories to make up for last night. "One night of indulgence won't wreck a healthy diet," says Elisa Zied, MS, RD, a New York City-based spokeswoman for the American Dietetic Association.

3 Questions About Fragrance Allergies



If you find yourself developing a killer headache when riding an elevator with someone who was a bit generous dabbing on the perfume, you may be suffering from fragrance allergies or sensitivities.

Although that person's perfume may have been all too obvious a culprit, there are many hidden sources of fragrances, says Clifford W. Bassett, MD, medical director of Allergy & Asthma Care of New York.

What are some of the most common sources of fragrance allergies?

Skin care products, colognes, perfumes, moisturizers, soaps, deodorants, aftershave — all kinds of products that smell nice but contain chemicals that our immune system may not like very much.

What are the most hidden sources of fragrance allergies?

Low-allergy or hypoallergenic products may contain fragrances that aren't obvious because of a less aromatic

smell. Fragrance-free products may have a "masking" fragrance added to cover up the smell of the chemicals.

Also, many magazine ad inserts for perfumes and skin care products are laden with fragrance. People may actually have difficulty reading the publication as a result of the scent.

In some cases, the reaction to various products can be aggravated by exposure to the sun. This is known as a photosensitivity.

What are the symptoms of fragrance allergies?

Most commonly, the skin is affected. There may be rash or redness, itchiness or even blistering of the face and skin as a result of daily or one-time usage of a product.

Fragrance allergies can also affect the eyes, causing extreme redness, irritation, tearing and burning, and some swelling of the eyelids. Sneezing, runny nose, nasal congestion, headache, even breathing difficulties can also be triggered by a strong odor.

Tip: Start Your Day With a Good Breakfast



Suggestions to make sure it's healthy

Your mother's edict that "breakfast is the most important meal of the day" is true, experts say.

The Nemours Foundation suggests how you can get a quick but healthy breakfast each morning:

* Fill your pantry with lots of healthy choices for breakfast.

* The night before, try to get as much ready as possible for breakfast. Have

dishes and flatware out, get fruit cut up, and prepare as much as possible in advance.

* Wake everyone at least 10 minutes earlier than usual to make sure there's plenty of time to eat.

* Encourage the kids to participate in planning and making breakfast.

* Have quick, healthy breakfast options on hand when time has eluded you -- such as trail mix, yogurt, fruit or individual boxes of cereal.

You Need Vitamin B12

Vitamin B12 helps maintain healthy blood and aids in making important proteins. People who don't get enough can have memory problems or confusion, and are at greater risk of developing anemia, Children's Hospital Boston says.

Here's where to find it: Poultry, Seafood and fish, Meat, Eggs, Cheese, yogurt and milk.

Foods that are fortified with vitamin B12, such as certain breakfast cereals.

ARUBA PABIEN! DIA NACIONAL

Aruba Dushi Tera Nos Baranca Tan Stima...

18 MAART



GABINETE
MIKE EMAN



National cultural event at Aruba's National Archives on March 18

ORANJESTAD -- On March 18, Aruba celebrates its National Flag and Anthem day. In connection with this the foundation of friends of the Archives together with Aruba's National Archives is organizing a national cultural festivity on March 18. The event will take place on the terrain of the National Archives located at Sabana Blanco 60.

The event includes an exposition of Aruba and World War II; different stands selling products of Aruba, among which, typical foods, drinks, handicrafts and much more; and typical Aruban music and dance.

The intention of this event on this special day is to emphasize on the island's culture, traditions and its history. It will be informative, educational and creative for the visitor.

Most of the activities will take place on the parking lot and visitors will be surprised with attractive doorprizes and other prizes.

Those interested in having a stand to sell local items, the organizers are offering the opportunity to partake. But stands are limited, thus it would be better to contact Eric Koolman from the National Archives at tel. 583-4880.

Un Aruba dushi pa biba ta un Aruba
dushi pa bishita.
Ban celebra den harmonia nos dia nacional!

Pabien Aruba!

Gerencia y personal di

ARUBA
Tourism Authority

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THE MORNING NEWS
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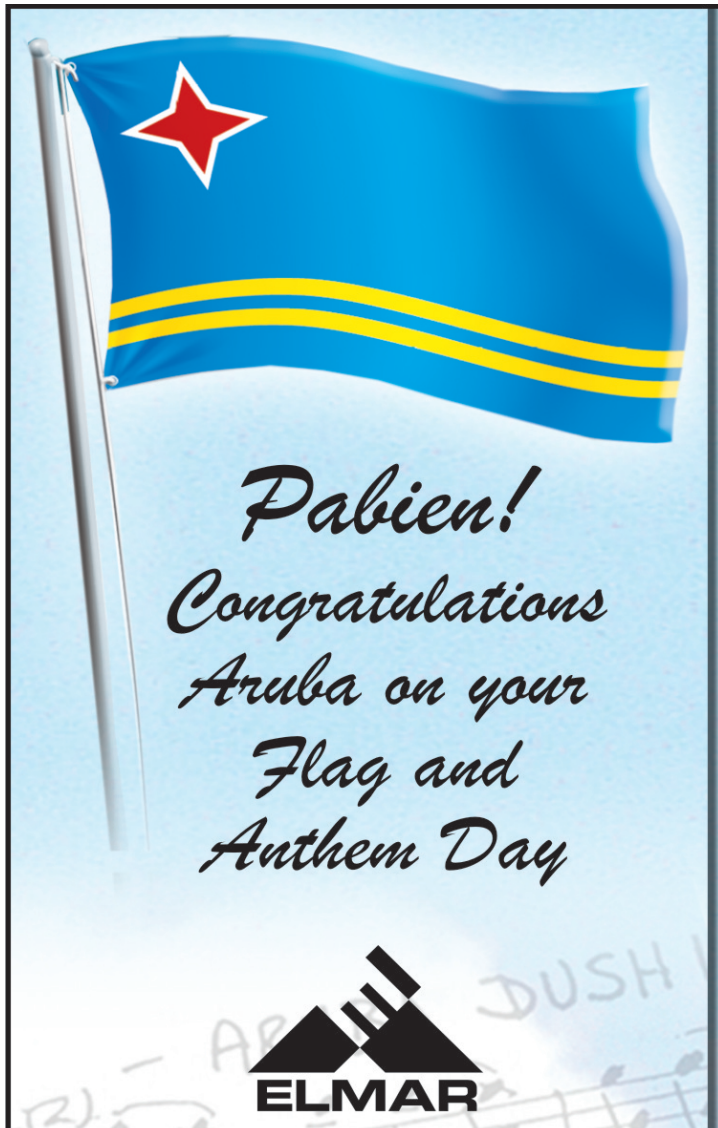
Published Monday thru Saturday

Caya G. F. Betico Croes 111

Tel: 588-9517 - Fax: 588-9518

E-mail: themorningnewsaruba@gmail.com

Aruba's Flag & Anthem Day at Paseo Herencia



On Thursday, March 18, Paseo Herencia Shopping & Entertainment Center will be celebrating Aruba's Flag & Anthem Day with a tremendous cultural show and Shopping Bazaar starting at 5:00 p.m.

Show starts at 6:00 p.m. with special performance by The Barracudas Synchronized Swim Team. Musical entertainment is in the hand of a famous Aruban band "Robert Maduro y su Alma Folklorico" that will delight the public with their typical Aruban music. Besides typical music there will be dance performances by Kids & Youth in Action and Folklore Santa Cruz. To complete the festivities various stands available that offer typical sweets such as cakes, Aruban pastries, typical CD's, books, arts, crafts and t-shirts related to the Flag &



Anthem Day.

During this event local artist Rosanne Koelewijn - Tromp and her group of students which forms part of "Atelier La -Bone -Vie" will give a workshop and expo of their paintings.

Restaurants in Paseo Herencia Shopping & Entertainment Center are open

daily for Breakfast, Lunch & Dinner and In connection with the Flag & Anthem Day Restaurants will have different specials and discounts.

Paseo Herencia Shopping & Entertainment Center would like to invite everyone to come and celebrate Aruba's National Day with family and friends.

shopping • dining • night life • movies • liquid fire works

Restaurants are open
For Breakfast, Lunch
& Dinner.

Celebrating Aruba's Flag and Anthem Day

Thursday, March 18th

Musical entertainment by: "Robert Maduro y su Alma Folklorico"
Kids & Youth in Action dance group & Folklor Santa Cruz dance group
Barracudas Synchronized Swim Team
Show Starts at 6:00pm

Local Arts & Crafts, Food & Music available through out the Plaza 5:00 – 10:00pm

<p>Buy 4 Sushi Rolls & receive the 5th for FREE</p> <p>Tel: 5862211</p>	<p>Grouper fillet topped with Creole sauce, side order of seasonal vegetables and funchi (polenta pudding) \$16,-</p> <p>Tel: 5868443</p>	<p>With purchase of a Main Dish receive 1 FREE Margarita or 1 Balashi Beer or 1 glass of Sangria + 10% discount on your bill.</p> <p>Tel: 5869375</p>	<p>Aruba's Flag Day Menu Seafood Ceviche, Aruban Scarlet Snapper Quesillo, Coffee or Tea \$27,50 p/p</p> <p>Tel: 5868333</p>
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TASTE OF BELGIUM
Aruba's Flag Day specials:

- Proud Seafood Chowder \$6
- Dushi Tera Salad \$11.50
- Paradera Chicken & Cheese \$19
- Fisherman's Delicious Jampawu \$21
- Cla Bo Ta desert \$5

Tel: 5866388

Parking available in Paseo Parking Garage at Afl. 1.00 per hour
J.E. Yrausquin Blvd. 382-A (Situated across the Holiday Inn) Tel: 586-6533.
Walking distance from the High Rise hotels

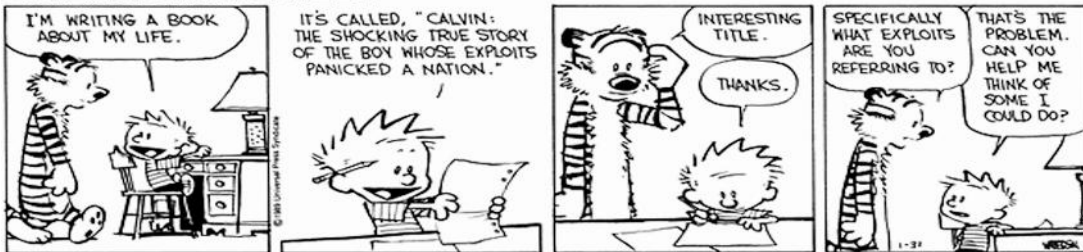
CAR TOONS



PICKLES



CALVIN and HOBBS



MOMMA



CROSSWORD



CROSSWORD

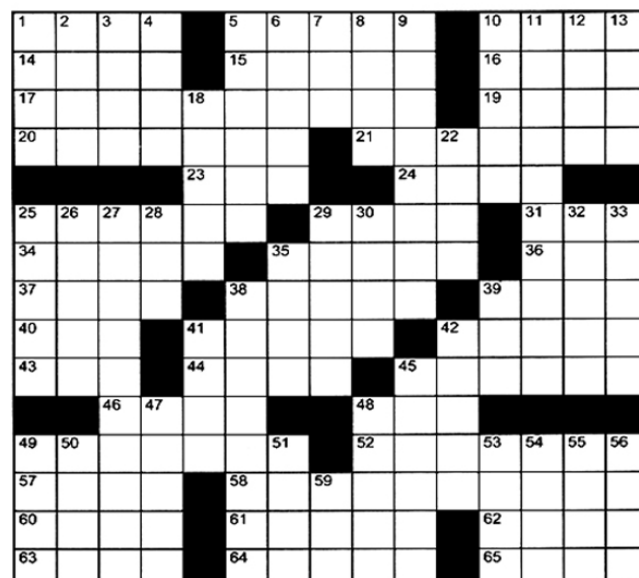
- ACROSS**
- 1 Yaks
 - 5 Brainy
 - 10 Touch
 - 14 Where China and Vietnam are
 - 15 Manly, in Mexico
 - 16 Urn
 - 17 Tot minder
 - 19 Mountain goat
 - 20 Letter, in the New Testament
 - 21 Psychiatrist
 - 23 Suffix with "ballad" or "auction"
 - 24 Mideast resident
 - 25 Macaroni noodles
 - 29 "Smooth" Operator singer
 - 31 How some stocks trade (abbr.)
 - 34 Brings up, as a child
 - 35 Sings without backup
 - 36 "So there you are!"
 - 37 Feeling you get about someone, informally
 - 38 Yuletide candy shapes
 - 39 Warning sign
 - 40 Like hazardous winter roads
 - 41 Providing a prompt
 - 42 Reagan confidant
 - 43 Old horse
 - 44 Friendly nation
 - 45 Jim ___ of The Mask
 - 46 Ottawa-based law enforcement group (abbr.)
 - 48 Cigarette ingredient
 - 49 Rumor
 - 52 Problem on Florida's Gulf beaches (2 words)
 - 57 Author ___ Rice, who writes about vampires
 - 58 Younger sibling (2 words)
 - 60 Divining devices
 - 61 Alpaca's cousin
 - 62 ___-mell
 - 63 "Hey, there!"
 - 64 Bugs bugger ___ Fudd
 - 65 Henchman to Captain Hook
 - DOWN**
 - 1 ___ Kaplan of old sitcoms
 - 2 Quickly, on memos
 - 3 Netanyahu of Israel, familiarly
 - 4 Comes out with
 - 5 Happy-face features
 - 6 Alma ___
 - 7 Perform
 - 8 Sabrina the Teenage Witch costar
 - 9 Whirlwinds
 - 10 City near Madrid
 - 11 Someone born in the late 1940s (2 words)
 - 12 Applications
 - 13 Sermon source
 - 18 One-dish meals
 - 22 Greek war god
 - 25 Watergate-period senator
 - 26 Nikon competitor
 - 27 Some pianos (2 words)
 - 28 Mineral source
 - 29 Kiddo
 - 30 Without ___ to stand on (2 words)
 - 32 "___ Boots Are Made for Walkin'" (Nancy Sinatra oldie)
 - 33 Brooklyn's ___ Island
 - 35 Spinnaker or jib
 - 38 Blameworthy
 - 39 "___ the land of the free..."
 - 41 Engine parts
 - 42 ___ Gras
 - 45 Salad type
 - 47 Wave top
 - 48 Possible answer to a dare (2 words)
 - 49 Angelic instrument
 - 50 The Dukes of Hazzard character
 - 51 Southern plural pronoun
 - 53 Cookbook amounts (abbr.)
 - 54 Agenda part
 - 55 Editor's removal mark
 - 56 Lawyer-author ___ Stanley Gardner
 - 59 Chef Emeril's exclamation

Crib Notes

#59

58 B-Hive

A	L	B	U	M	A	H	A	S	L	E	T	S
S	O	U	S	A	P	A	R	T	E	X	I	T
A	L	G	E	R	P	L	A	Y	N	I	N	A
P	A	S	B	I	L	L	B	R	A	D	L	E
B	I	L	G	E	O	B	S	E	S	S		
L	A	U	R	E	L	S	A	N	E			
U	S	N	A	O	P	A	L	T	A	B	B	Y
S	E	N	T	O	R	L	O	N	G	O	R	E
H	A	Y	E	S	O	L	E	O	A	B	E	L
A	B	S	O	R	B	A	R	E	N	A		
B	E	A	U	B	R	I	D	G	E	S	R	C
A	R	T	S	O	D	O	R	T	A	K	E	N
S	L	I	T	A	L	L	I	E	V	E	N	T
H	E	N	S	D	E	E	P	D	A	R	T	S



BOTICA

DRUG STORES OPEN AFTER HOURS

March 13 - March 19
Sta. Cruz: "Botica Central," Pos Chiquito: "Botica Aloe"

Center for Hemodialysis
Posada Clinic Aruba
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Twelve Step Meetings
24 hours helpline 583-8989

Fellowship Clinic S.N.
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Alcoholism
and Drug Addiction
Anonymity guaranteed
Tel. 584-5440

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Telephone Helpline
583-1190
Mon.-Thu. 9 p.m.-12 midn.
Fri.-Sun. 9 p.m.-2 a.m.

CAS MARIE
Alzheimer's Day
Care Center
Tel: 5696910

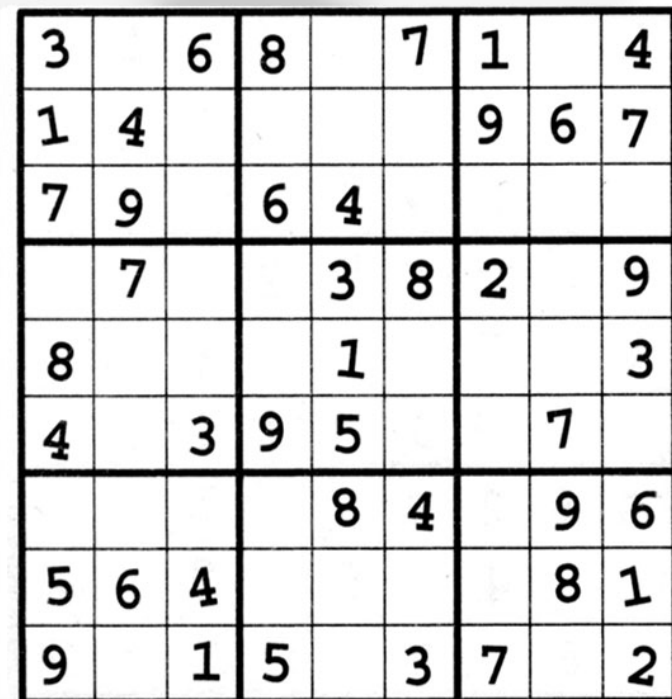
Important
Telephone
Numbers

HOSPITAL
Horacio Oduber Hospital
Tel. 587-4300

EMERGENCY
Telephone 911
POLICE HDQS
Telephone 100

TAXI
C.V. TAS
587-1998, 587-5900
In Oranjestad:
Tel. 582-2116, 582-1604
582-5447
In San Nicolas
Tel. 584-5160, 584-6602
professional taxi services
Tel. 588-0035

Sudoku



SOLUTION

3	6	8	7	1	4	2	5	9
1	4	9	6	7	2	5	3	8
7	9	6	4	2	5	3	8	1
2	5	3	8	1	9	4	6	7
8	1	3	2	9	7	5	4	6
4	3	9	5	7	2	6	1	8
5	6	4	2	8	1	7	9	3
9	1	5	3	7	2	8	4	6
2	5	3	8	1	9	4	6	7

Complete the grid so that every row and every column contains the numbers 1 through 9
A number is Never repeated in a row or column.
In addition every rectangle must contain the numbers 1 through 9

Finance

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Geithner warns of high unemployment throughout year

WASHINGTON – US Treasury Secretary Timothy Geithner yesterday warned jobless Americans they face a torrid year ahead, predicting continued high unemployment levels despite advances "some-time this spring."

Geithner said some improvement in the decimated US job market would come soon, but it would not be enough to eat into near double-digit unemployment levels.

In a statement co-authored by top White House economic aides, Geithner warned more than 100,000 jobs would have to be created each month to push the jobless rate down from its current level of 9.7

percent.

"We do not expect substantial further declines in unemployment this year," he warned.

An estimated 8.4 million Americans have lost their jobs since the recession began in late 2007, with 750,000 jobs being shed each month in the first months of 2009.

Unemployment has spread throughout the country -- well beyond the already depressed industrial heartlands -- hitting everything from consumer spending to bank lending.

While most indicators point to a modest economic recovery already underway, many Americans fear the recovery may be jobless.

Brazil's Petrobras announces oil discovery at Piranema

SAO PAULO, Brazil--Brazilian state-run energy company Petroleo Brasileiro S/A, or Petrobras, said yesterday that it has discovered light crude oil at the Piranema offshore site.

The company estimates that the site holds recoverable reserves of about 15 million barrels

of oil equivalent.

The discovery was made at a depth of 2,693 meters, the company said.

Piranema is located on the continental shelf about 28 kilometers off the coast of the northeastern state of Sergipe.

Shell to boost production, cut more jobs

AMSTERDAM, The Netherlands – Oil company Royal Dutch Shell PLC said yesterday it will boost production by 11 percent by 2012, more than it had previously forecast, and at the same time cut costs by selling operations and slashing more jobs.

The targeted output rise, to 3.5 million barrels of oil per day, would reverse a decade of production declines at Europe's largest oil company and sharply boost cash-flow from operations. Shell had previously estimated production

would increase by just 6-9 percent through 2012.

"All this is underpinned by a new wave of project start-ups," said Chief Executive Peter Voser in a discussion of the company's strategic plans. "Beyond that we have an upstream portfolio that can grow to at least 2020."

Shell has been investing heavily in new production since a major accounting scandal forced it to slash its estimates of proven reserves by around a third in 2004.

Shell's 2009 net profit of

How to dominate your competition so they beg for mercy!

by Ken Varga



Ken Varga

Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

Isn't it a great exercise to create an advantage or benefit to your customer that your competition doesn't?

This does require some research on your part, because no one else is going to know your industry and how it relates to your particular business as well as you.

All you have to do is to come up with a benefit or advantage, and check out your competition to see if they offer that to their customers.

When you find that they don't, you'll probably get goose bumps because you'll be so excited.

You'll be excited because you can now go after your competitors' customers to make them your own, knowing

\$12.5 billion fell by more than 50 percent from \$26.3 billion in 2008, due to declining oil prices and slimmer refining margins.

Yet Shell said it expects its capital expenditures to remain high by industry standards, at least \$25 billion per year for years to come.

As a result, the company said yesterday it will freeze its 2010 dividend at the 2009 levels to keep its balance sheet strong while waiting for the production and cash-flow increases to materialize.

that you have a distinct advantage over your competitors.

Here are some examples:

1) Domino's pizza delivered in 30 minutes or less, or the pizza was free.

When Domino's started, there weren't any pizza companies that guaranteed delivery within 30 minutes. Even fewer companies delivered pizza that was hot. And if the pizza was delivered late and cold, you lived with it.

There wasn't any protection or risk reversal attached.

Domino's was the first and only company to do that. And guess what, that was so distinctive, that they virtually owned the market for years and years.

2) Federal Express: When it absolutely, positively, has to be there overnight.

They offered customers a distinct advantage...that the package would be delivered overnight, by 10:30 AM, Guaranteed.

3) When Avis was struggling to come up with a marketing approach that would gain them the market advantage they desired, they needed a unique selling proposition that was very powerful.

Hertz was heads above them in size and market share.

What did they do? They came up with a great USP... "We're number 2, so we try harder."

They demonstrated that by extending themselves, by working harder, by giving you better rates, and by being cordial. They made incredible progress and growth because of this USP.

You've got to ask yourself this important question.

What superior benefit, advantage, or improved result is my business in a position to give a customer?

And here's another question...

What superior benefit, advantage, or result am I already actually providing or supplying my customer that is so subtle that they aren't even aware of it? A benefit so subtle that I'm actually doing my customers a disservice by not bringing it to their attention?

Your goal is to identify and telegraph to every prospect, customer or client from this day forward, that they can expect to receive on an ongoing basis, a unique benefit or advantage by doing business with your company instead of your competitors.

I want you to focus on what you're doing that your customer is not aware of, or what you can start doing for that customer, that provides them with a unique and superior benefit, advantage, or result over any other business they could choose to do business with.

Here's one more example...

If you're in a service business like heating or air conditioning, you could have a USP where you can have a guarantee that if your customer has a problem, you will be at their home within 1 hour of the call, or the service call is free.

Whatever your business is, you must...and I repeat... you must create a Unique Selling Proposition in order to not only stay in business, but to create new customers.

Well that's it for this Tip. I know that if you spend the time to determine what your Unique Selling Proposition is, you will not only enjoy your business but also create the profits that you're in business to create.

Let me know what ideas you come up with so that I might incorporate them in future issues of this Tip.

In the next Tip, I'm going to be writing about increasing your number of leads, prospect, inquiries and customers.

Till the next Tip.

FREE Ebook:

"10 Marketing Mistakes That Steal Your Cash" at: www.kenvarga.com

To your success,

Ken Varga

Ph: 888-682-2596; Fax: 888-682-2597

Email: ken@kenvarga.com

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Pro-Tec helps FARVa



Pro-Tec Mechanical Contractors N.V., prominent technical engineer company specializing in cooling systems, makes donation to FARVa in celebration of its 15 year anniversary this year

FARVa is a charity foundation which through the sport of rowing tries to engage the physical impaired in activities to get them out of their confinement. The foundation was established in an old wooden hut beside Club Havana and now the board is seeking ways to improve its facility.

So Pro-Tec and FARVa have found each other and they started with the renovation work. Old, rusted parts of doors and partitions of the containers were replaced. FARVa also got a considerable quantity of wood, courtesy of Kooyman. With that they will construct a new wooden floor on the porch for the hut.

FARVa thank both sponsors for their contribution and hope in the future to be able to knock at their doors once again.

Aruba welcomes Latin travel executives for CATA 2010



ATA-AHATA team

Beginning tomorrow, Wednesday, March 17, the Aruba Tourism Authority, ATA, and Aruba Tourism and Hotel Association, AHATA, will conduct its 21st Conferencia Annual di Turismo di Aruba, or CATA, for top travel professionals from Latin America.

Mariam Dabian, ATA Director for Latin America was joined by Mario Arends, Marketing Executive and liaison for Latin America and Sue-Ann Mijer-Lee, Marketing Director for AHATA in making the announcement at the Radisson Aruba Resort, Spa and Casino on Monday afternoon.

Mariam explained CATA is very important as Latin American is Aruba's largest market after the United States. This year, Aruba welcomes eighty travel executives from Venezuela, Colombia, Brazil, Argentina, Uruguay, Ecuador, Panama and Chile. In attendance will also be representatives from airlines of various countries, including Avianca, Aires, DAE, Venezolana, Copa from Panama, and Tiara Air.

CATA delegates are comprised of major tour operators and wholesalers. The conference will officially begin tomorrow morning with opening ceremonies and a welcome by Aruba's Minister of Tourism, Transport and Labor, Otmar Oduber along with the various island tourism entities. ATA and AHATA representatives announced there will be presentations regarding the island's innovative use of the World Wide Web as a market-

ing tool and "Social Networking as a Marketing Tool."

Invited Guest Speaker for the opening assembly is Carlos Saúl Rodríguez, a noted motivational speaker who will discuss the power of a positive attitude of the individual in expanding their knowledge and achieving their goals.

The Occidental Grand Resort and Hyatt Regency Aruba Resort are also participating with various activities for the CATA delegates; and a day of "Exploring the History and Culture of Aruba," with visits to Aruba's new Archaeological Museum in Oranjestad, which opened last year, along with the Arikok National Park and the new Visitors' Center.

The CATA conference is busy days of conferences, seminars, site inspections and networking for the Latin and Central America travel executives, combined with social events which showcase Aruba's tourism assets. It usually ends with a gala



Sue-Ann Mijer-Lee



Mariam Dabian

farewell for the delegates during which individuals and companies are recognized for their outstanding contributions to Aruba's tourism product.

Breakfast

7:00 a.m. - 11:00 a.m.

EGG DISHES

- *2 eggs sunny side up with ham & cheese
- *Scrambled with ham, cheese, onions, green pepper, tomato, mushroom
- *Plain omelettes with ham, cheese, onion, green pepper, tomato, mushroom

All egg dishes are served with a choice of : white or whole wheat baguette or sliced toasted bread.

*PASTECHEI HORNA

*CRÊPES

*SWEET CRÊPES

*BAGEL with cream cheese, smoked salmon, boiled egg

LOCAL BREAKFAST

- *Pan grandi (di rama) or baguette
- *KERRIE-KERRIE (FISH)
- *CONCH
- *FISH EGG
- *SHRIMPS
- *FISH FILLET
- *FISH CAKE
- *CHICKEN SOUP
- *FRUIT SALAD & YOGHURT
- *HOT BEVERAGES
- *COLD BEVERAGES

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The Coat Of Arms

The Coat of Arms of Aruba has been in use since the 15th of November 1955. On this date, the Aruba Island Council approved the Coat of Arms in an official resolution.

The original design of the Coat of Arms was created by "Atelier voor Heraldische Kunst" of Amsterdam, Holland.

The Aruba government effected two changes so that the Coat of Arms would reflect yet more symbols of Aruba.

Aruba's Coat of Arms reflects the typical aspects of the people of the island:

*The aloe is the symbol of the first source of welfare of Aruba.

*Hooiberg (the island's landmark) symbolizes Aruba rising out of the sea.

*The handshake is the symbol of the friendly ties with

other nations and people, on political as well as economic levels.

*The gear symbolizes industry, as the island's main source of progress.

*The cross in the center is the symbol of devotion and faith.

*The lion atop the Coat of Arms represents power and generosity.

*The laurel leaves are symbols of peace and friendship.



Mero, dori, shoco, cascabel and calco Indjan are the faces of the Aruban florin



When Aruba became an autonomous state in the Dutch Kingdom one of the institutes that were created was the Central Bank of Aruba and the Aruban florin was created.

The original designs of the Aruba paper money as well as the Aruban coins are by artist Evelino Fingal. The artist found his inspirations for the unusual designs in old Indian paintings and pot shards of some 900 years ago.

Fingal combined the archaic forms of Aruban wildlife with pictures of the animals unique to the island: The cascabel - the rattlesnake; the dori - the frog; the mero - the grouper; and the turtles and shells.

After the designs were sent to Holland to be printed, the designs had to be "translated" to fit the machines. For the front, only two colors were possible, for the back three colors. Quite a few proof sheets were needed to get the exact color-scheme and clarity.

The paper for the bills has to be of a special quality: dirt-repellent, not easily torn, and should withstand thousands of times being folded.

To prevent fraud, many safeguards are implemented, like watermarks and the code for visually impaired people.

The issue and sale of the yearly coin sets and the several commemorative coins is done in close cooperation between Aruba and De Nederlandse Munt. De Nederlandse Munt publishes a collector's magazine in Dutch with a circulation of 90.000. The magazine in English has a circulation of 10.000.

The silver coin commemorating World War II is Aruba's



fourth commemorative coin. In 1986, a special coin was minted for the Status Aparte. Five years later, the fifth anniversary of Aruba as part of the Dutch Kingdom, was the reason for the issue of a gold and silver commemorative coin. A total of 10.000 of these coins were minted. In 1992, Aruba's first Olympic coin was made and in 1996, the special coin for ten years Status Aparte and 20 years Flag and Anthem were minted.

After this period many more commemorative coins have been minted and might still be available at the Central Bank.

On December 5, 1995, a new bill and a new coin came into circulation. The 500 Aruban florin bill and the 5 Aruban florin coin, the second square coin (the first being the 50 cents). The beautifully stylized fish on the 500 Aruban florin bill is called a mero epinehelus morio, mero in short. With the introduction of the 5 Aruban florin coin the preceding bill was eliminated.



Now, the unique 5 Aruban florin square coin has been replaced by a round matte gold colored round coin to avoid fraud.

Aruban money with the designs of the mero (500 florin), dori (100 florin), shoco (50 florin), cascabel (25 florin), calco Indjan (10 florin) and the turtle (5 florin) is unique and beautiful. Special collectors covers are on sale in bookstores. For the commemorative coins, however, one should go to the Central bank of Aruba located in the commercial area right across the Divi Mega resorts on the J.E Irausquin Boulevard.

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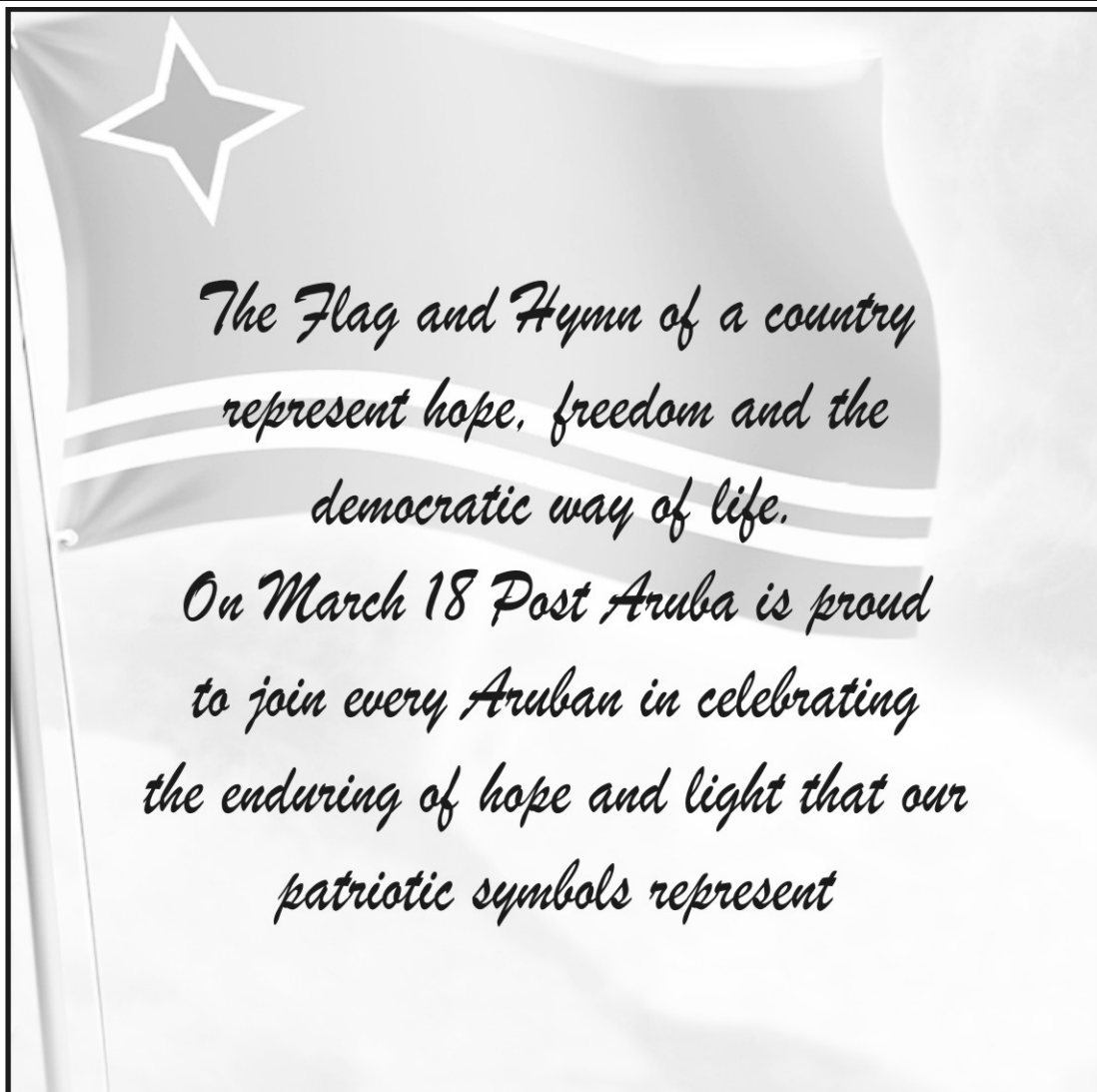
The management of the



congratulates the entire Aruban
community with the celebration of

Aruba's National Flag and Anthem Day.

Congratulations and we wish you an
enjoyable National Day



*The Flag and Hymn of a country
represent hope, freedom and the
democratic way of life.*

*On March 18 Post Aruba is proud
to join every Aruban in celebrating
the enduring of hope and light that our
patriotic symbols represent*

NHL Standings

NBA Standings

EASTERN CONF.

Americ	W	L	Pts
Pittsburgh	41	23	87
New Jersey	41	24	85
Philadelphia	36	28	76
NY Rangers	31	29	71
NY Islanders	28	32	65
Northeast			
Buffalo	36	21	82
Ottawa	37	27	79
Montreal	35	29	76
Boston	30	26	72
Toronto	23	34	58
Southeast			
y-Washington	46	14	101
tampa Bay	28	28	68
Atlanta	28	29	67
Florida	28	29	66
Carolina	28	32	64

WESTERN CONF.

Americ	W	L	Pts
Chicago	44	18	94
Nashville	37	26	81
Detroit	33	23	80
St. Louis	32	26	73
Columbus	27	31	67
Northwest			
Vancouver	42	23	89
Colorado	38	23	84
Calgary	34	24	77
Minnesota	32	29	72
Edmonton	21	40	49
Pacific			
San Jose	43	14	96
Phoenix	41	22	89
Los Angeles	40	22	85
Dallas	29	25	71
Anaheim	30	29	70

EASTERN CONF.

Americ	W	L	Pct	GB
Boston	42	24	.636	--
Toronto	32	33	.492	9.5
N.York	24	43	.358	18.5
Phil	23	44	.343	19.5
N.Jersey	7	59	.106	35.0
Central				
x-Cleveland	52	15	.776	--
Milwaukee	36	29	.554	15.0
Chicago	31	34	.477	20.0
Detroit	23	44	.343	29.0
Indiana	21	45	.318	30.5
Southeast				
Orlando	47	21	.691	--
Atlanta	42	23	.646	3.5
Charlotte	34	31	.523	11.5
Miami	35	32	.522	11.5
Wash.	21	44	.323	24.5

WESTERN CONF.

Americ	W	L	Pct	GB
Dallas	45	22	.672	--
San Ant.	39	25	.609	4.5
Houston	34	31	.523	10.0
Memphis	35	32	.522	10.0
N.Orleans	33	35	.485	12.5
Northwest				
Denver	45	22	.672	--
Utah	43	24	.642	2.0
Okl. City	41	24	.631	3.0
Portland	41	28	.594	5.0
Minn.	14	53	.209	31.0
Pacific				
LA Lakers	49	18	.731	--
Phoenix	41	26	.612	8.0
LA Clippers	25	43	.368	24.5
Sacra.	23	44	.343	26.0
Golden St.	18	48	.273	30.5

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Ovechkin 'disappointed' by NHL suspension



WASHINGTON -- Washington forward Alex Ovechkin said he didn't intend to injure a rival NHL player and was "disappointed" he was suspended by the NHL because of the incident.

The league Monday suspended Ovechkin for two games for a play Sunday in which the Capitals player hit Chicago defenseman Brian Campbell.

Ovechkin shoved Campbell, who was skating with the puck, from behind and the Blackhawks player crashed into the boards. Campbell broke a collarbone and frac-

tured a rib. Game officials handed Ovechkin a major penalty and game misconduct for the play.

Ovechkin, in his statement Tuesday, said he was sorry Campbell, who will miss about eight weeks, was injured and "I hope he is able to return to his team soon."

"As players we must accept responsibility for our actions and I am no different, but I did not intend to injure Brian and that is why I was disappointed with the NHL's decision (Monday)," Ovechkin said. "I look forward to returning to my team and doing everything I can to be the best player I can be."

This is Ovechkin's second suspension this season. The latest benching will cost him more than \$230,000.

Ovechkin is a two-time winner of the Hart Memorial Trophy as the league's most valuable player.

Heavyweight to featherweight: Tyson races pigeons

NEW YORK —Former world heavyweight champ Mike Tyson will take flight on Animal Planet with a new sport—pigeon racing.

The network this week announced a new reality show that will pit Tyson, a novice pigeon racer, against serious competitors.


The show is currently titled "Taking on Tyson" and promises to bring audiences inside this "intensely competitive and bizarrely fascinating world."

Tyson has raised pigeons all his life but will take to the rooftops as a racing rookie. The network says he'll be assisted by a colorful team of pigeon experts as he rears, trains and races them.

The show is scheduled to be taped this spring in New York City and air early next year.

Animal Planet is owned by Discovery Communications.

The management of the



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US women to be stripped of 2004 Olympic relay gold


PARIS – The US women's 4x400m relay team will be stripped of their gold medal from the 2004 Athens Olympics after the suspension of Crystal Cox for doping, world athletics governing body IAAF confirmed.

"This athlete recently accepted a 4-year period of ineligibility and disqualification of her results from 2001 after having admitted her involvement in the BALCO conspir-


acy," the IAAF said in a statement.

"She took part in the 4x400m US Relay team who won the gold medal at the 2004 Athens Olympic Games. According to the IAAF Competition Rules in effect in 2004, the US relay team results will be disqualified accordingly."

Second-placed Russia are set to receive gold ahead of Jamaica and Britain.



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Friday 19 of March 2010

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\$1000 in cash prizes

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Free Slot Tournament

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Murray moves on, Dementieva into quarter-finals

INDIAN WELLS, California – Australian Open runner-up Andy Murray booked his fourth-round berth at the BNP Paribas Open on Tuesday with a straight-sets victory over American Michael Russell.

Murray, the fourth seed, beat Russell - ranked 68th in the world - 6-3, 7-5.

Russell, who has never reached an ATP Tour final, didn't go quietly, breaking the world number four in the ninth game of the second set as Murray served for the match, putting the set back on serve after Murray's early break.

Murray brought the proceedings to a close after an hour and 52 minutes when he broke Russell in the 12th game of the second set to line

up a clash with either American James Blake or Spain's Nicolas Almagro.

World number one Roger Federer, playing his first tournament since beating Murray in the Australian Open final for a 16th Grand Slam crown, was also slated for third-round action on Tuesday, along with sixth-seeded Swede Robin Soderling and seventh-seeded American Andy Roddick.

On the women's side, fourth-seeded Russian Elena Dementieva led the way into the quarter-finals with a 6-3, 6-3 victory over France's Aravane Rezaï.

She next faces Polish fifth seed Agnieszka Radwanska, a 6-3, 6-2 winner over France's Marion Bartoli.

Dementieva is one of the biggest names left in the women's draw, after the departures of top-seeded Svetlana Kuznetsova as well as Maria Sharapova, Kim Clijsters and Justine Henin.

Caroline Wozniacki is the highest seed remaining at number two, the Danish teen taking on Russian Nadia Petrova.

The winner of that match will take on Australian Open semi-finalist Zheng Jie of China, who reached the quarters with a 6-3, 4-6, 7-6 (7/1) victory over Australian Alicia Molik.

Eighth-seeded Australian Samantha Stosur also advanced, ousting defending champion Vera Zvonareva 6-2, 7-5.



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Tiger Woods to return to golf at the Masters

PALM HARBOR, Fla. — Tiger Woods said Tuesday he will return to golf next month at the Masters, ending a four-month hiatus brought on by a sex scandal that shattered his image as the gold standard in sports.

"The Masters is where I won my first major and I view this tournament with great respect," Woods said in a statement. "After a long and necessary time away from the game, I feel like I'm ready to start my season at Augusta."

The Masters begins April 8. Woods has not competed since Nov. 15 when he won the Australian Masters for his 82nd victory worldwide. Twelve days later, he crashed his car into a tree outside his Florida home, setting off shocking revelations that he had been cheating on his wife.

"The major championships have always been a special focus in my career and, as a professional, I think Augusta is where I need to be, even though it's been a while since I last played,"

Woods said.

"I have undergone almost two months of inpatient therapy and I am continuing my treatment," he said. "Although I'm returning to competition, I still have a lot of work to do in my personal life."

There had been reports he would play the Tavistock Cup exhibition next week in Orlando, followed by the Arnold Palmer Invitational at Bay Hill, where he is the defending champion and a six-time winner.

"When I finally got into a position to think about competitive golf again, it became apparent to me that the Masters would be the earliest I could play," Woods said.

Already the major with the highest TV ratings, this Masters could be the biggest yet. The first two rounds are televised on ESPN, with CBS Sports on the weekend.

Woods is a four-time Masters champion, although he has not won at Augusta National since 2005, his longest drought there.

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